



ARE YOU OR SOMEONE YOU KNOW TRAPPED IN THE NICOTINE BOX?

Smoking cessation classes are available through the
Baltimore City Health Department!

- ✓ Classes meet twice a week for six (6) weeks
- ✓ Evening and Saturday classes are available
- ✓ Classes available at three different locations
- ✓ Nicotine patch available for active participants
* Physician consultation required where applicable*
- ✓ Classes are FREE
- ✓ **Smokers Anonymous Support Group meets every other Tuesdays**

For more information on the smoking cessation program or other tobacco prevention services, contact the Tobacco Use Prevention and Cessation Program at 410-396-5007 and 410-338-2642



Martin O'Malley—Mayor
Joshua Sharfstein, M.D.—Commissioner of Health

